Cur [7592]

AN HOSPITALL FOR THE DISEASED.

Wherein are to be found most excellent approued Medicines, as well Emplaisters of speciall vertue, as also notable Potions or Drinkes, and other comfortable Receites, for the restitution and preseruation of bodily health.

Very necessary for the time of common Plague and mortality: and for other times when occasion shall serue.

Newly augmented and enlarged.

Gathered by *T. C.*

Ecclesiasticus. 38. 4.

The Lord hath created Medicines of the earth, and he that is wise will not abhorre it.

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BIBLIOTHECA·BODLEIANA

To all ſuch Readers, as haue care of *their bodily health.*

HOw prouident a Patron and bountifull a Father, the Lord God of life is vnto vs vnthankfull and rebellious children, his manifold benefits do teſtifie: yea the continuance of his kindneſſe is herein principally declared. For whereas our owne naturall corruption worketh daily in vs the baniſhment out of his fauour, and the danger of reprobation: he notwithſtanding in conſideration of our weaknes, withdraweth not his compaſſion from vs, but in all our neceſſities, reaching out his helping hand vnto vs, is moſt ready (as hee is alwayes able) to plucke vs out of the pit of perdition, whereinto the hainouſneſſe of our tranſgreſſions (as it were with a Cable) haleth vs perforce. O gracious God, how ſhall ſinners worthily aduance the excellency of thy loue! Who ſhall giue them an heart to conceiue thy kindnes? Whence ſhall they haue vtterance to ſound out thy mercy? Of themſelues (becauſe they are veſſels of wrath) they cannot compaſſe ſo perfect a worke. Thou therefore which art the perpetuall ſpring of all goodnes, giue it them O giue it them, and they ſhall haue it: yea and in the hauing of it, they ſhall magnifie thy name, extoll thy power, and maruell at thy mercy. Where is one, among thouſand thouſands, that looking vpon the heauens moſt gloriouſly beautified, vpon the earth moſt plenteouſly enriched, vpon the frame of his owne body, moſt Angellically created, but ſhall of compulſion acknowledge the omnipotency of God, and confeſſe the vnmeaſurable greatnes of his goodnes, and loue toward man? The heauen, to maintaine life and light: The earth to ſuccour and ſuſtaine nature, All creatures liuing in land or water, to ſupply his wants: nothing to be reckoned and named which hee hath not moſt liberally giuen vnto man, as appointed him Lord and ſoueraigne, but them his vaſſailes or ſeruants. Againſt hunger, leaſt thou ſhouldeſt famiſh, he hath prouided nouriſhment: againſt

thirſt, leaſt thou ſhouldeſt periſh, he hath ordained ſauory liquors: Againſt cold, leaſt thou ſhouldeſt die in thy nakednes, he haue giuen thee clothing. And what hath he done beſides? Hath he not ſpeciall regard to thy condition and eſtate? I meane to the health of thy body, and the ſafety of thy ſoule? Yes, yes, and that is euidently proued by the manifold remedies, which hee hath prepared to reſtore thee to ſoundneſſe of lim and life, and by the free courſe of the pearle of his Goſpell, which is the Iewell of all Chriſtian ioy. In conſideration of theſe ſo many good graces of God, what doth Chriſtian duety require? (I ſpeake to all, vnto whoſe view and cenſure this preface ſhall be preſented) Let them take the ſweet ſacrifice of thankfulneſſe, and burne the ſame vpon the Altar of an humble heart, that the redolent and perfumed incenſe of the ſame aſcending vp into heauen, may ſmell ſweet in his noſethrils, whoſe ſpeciall delight is in ſuch a burnt offering and oblation. Thus much haue I ſayd by way of aduertiſement, vpon occaſion of this preſent Booke, whoſe benefits as they are diuers, ſo are they ſingular, and in them all is Gods goodneſſe highly commended. Note of my words, and then iudge of the value and worthineſſe of the Booke. Art thou diſeaſed in thy head? art thou grieued in thy heart? art thou pained with ache? art thou tormented with a Feauer? art thou wounded? art thou troubled with any irkeſome ſore? Doth thy ſight faile? Doth thy hearing waxe weake? Doth thy youth weare away? Doth age creepe on apace? Finally, dooſt thou feele thy ſelfe infected with the poyſon of the Plague and Peſtilence? Then delay no time: but with a ſmall price buy a Iemme worth gold (this Booke I meane,) which though it be little in quantity, yet it is great in quality and vertue. Here (as in a cunning Apothecaries ſhop) are receits of ſundry ſorts prouided, wherewith the rage of any ſore may bee mitigated: the nipping ſmart of any Vlcer or wound aſſwaged and the venome of any malladie expelled, and the perfection of health reſtored. Thanke God and vſe it in thy need. Heere thou haſt ſuccour to ſeruе thee in thy ſickneſſe.

Thus farewell in Chriſt, T. C.

An Hoſpitall for the diſeaſed.

A preſeruation againſt the Plague.

TAke a handfull of Sage, a handfull of Herbe-grace, otherwiſe called Rew, a handfull of Elder-Leanes, a handfull of red Bramble-leaues, and ſtampe them together, and ſtraine them through a cloth, with a quart of white wine: then take a quantity of Ginger, and mingle them all together, and drinke thereof morning and euening a ſpoonefull nine dayes together.

For the party infected with the Plague.

If it fortune one to be ſicke of the Plague before hee hath druncke the foreſaid medicine, then take the water of Scabious a ſpoonefull, water of Betony like much, and a quantity of fine Treacle, put it together and drinke it, and it will expell all the venome.

A Medicine to breake the Botch.

If it fortune the Botch to appeare, then take Bramble-leanes, Elder leaues, Muſtard-ſeed, and ſtampe them all together, and then take it, and make a plaiſter, and lay it to the ſore, and it will draw out the venome.

A Medicine for the Plague.

Take three ſlips of hearbe Grace, and fiue ſpoonefuls of Vineger, and heate the ſame together, then ſtraine the iuyce out thereof, and put thereunto one ounce of fine Treacle, and one ounce of Sugar, and ſtir it together, then ſet it ouer the fire, and make thereof a Sirrope and put it in a box cloſe, then take a Sage-leafe, and euery morning faſting, ſpread as much as a Beane thereof vpon the ſame Leafe and ſo eate it. And if hee that taketh it be infected, it will driue it from the heart, and if the party that taketh it euening and morning, bee not infected, it will preſerue him within 24. houres after.

A plaiſter to draw the ſore.

Take one ſpoonefull of Honey, the iuyce of Spurge, two ſpoonefuls and a halfe: of Wheaten flowre a good quantity, and

one ſpoonefull of Turpentine, and temper them together without fire, and make of the ſame a plaiſter, and lay it to the ſore, changing it at euery 24. houres.

A good Medicine againſt the Plague approoued.

Amongſt other excellent & approued medicines for the peſtilence, there is none more worthy available when the ſore doth appeare, then to take a Cocke, Pullet or Chicken, and let the feathers of the taple of the higheſt part bee plucked off, till the rumpe be bare: then hold the ſaid bare of the Pullet to the ſore and the Pullet will gape and labour for life, and in the end will dye: then haue another Pullet and doe the like to the Patient and if that dye, yet ſtill apply the patient with Pullets ſo long as any doe dye; for when the poyſon by the ſaid Chickens bee drawne forth, the ſaid Chickens that dee offered thereunto will liue, then the ſore preſently will aſwage, and the party forth with recouereth: this medicine is neceſſary to driue the venome from the heart.

A ſouereigne drinke againſt the Peſtilence.

Take an ounce of Sorrell-water, and as much Dragon-water, a dragme of Treacle, and put thereto a dragme and a halfe of powder Imperiall, and giue it to the patient with Ale within 24. houres after he is infected, and he ſhall with Gods grace eſcape and do well.

A plaiſter to draw a head to the ſore of the Plague and to breake it.

Take two Lilly-rootes, one handfull of ſowre Dough, two handfuls of Mallowes, one handfull of Linſeede, ſtampe all theſe together ſmall, and boyle them in a quart of the Lees of Wine till it be thicke, then lay it an inch thicke vpon Leather, broader then the ſore, and let the borders of the leather be playſtered with Cordiers ware, to make it cleaue: it ſhall bring out the Botch in 12. houres, and breake it ſhortly.

A medicine that was taught King *Henry* the ſeauenth by his Phyſician, againſt the Peſtilence.

Take halfe a handfull of Rew, likewiſe of Mandragoras, Featherfew, Sorrell, burnet, and a quantity of the Crops and rootes of Dragons, waſh them cleane, and ſæthe them with a

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ſoft fire in running water, from a pottle to a quart, and then ſtraine them together through a cleane cloth, and if it be bitter put thereto a quantity of Sugar-candy, or other Sugar: and if this medicine be vſed before the Purples do ariſe, you ſhall be whole by Gods grace.

A medicine to be drunke, ſuſpecting any to haue the Plague.

Take a great Onyon, and the core being taken out, fill the ſame full of good Treacle of Jeane, and wrap the ſame in a paper, and roſt it till it be ſoft, then ſtraine the ſame with a little wine Vineger, and being tempered with a quantity of Sugar giue the Patient to drinke two ſpoonefuls faſting: and if the Patient be infected with the Plague, you ſhall perceiue the appearance thereof, within fiue houres after the receit of the ſame drinke.

Alſo for the vſuall drinke of euery Patient being ſo infected.

Take Roſemary the quantity of eight or nine Crops: then take of Marigolds being drowne within, of Burnet, and of Bourage, euery one a handfull thereof, let them bee ſod in a quart of ſtale Ale clarified, then put into it a cruſt of Bread, a little whole Mace, and a quantity of Sugar, and let him drinke the ſame at all times during his ſickneſſe, and put Pimpernell in his Broth.

Alſo another drinke to be taken euery morning for a preſeruatiue againſt the Plague, and for the auoyding of infection.

Take Sauery the quantity of a handfull, and boyle the ſame in a quart of good wine Vineger, with a ſpoonefull of Graines being beaten, and put into the ſame: then drinke the ſame with a quantity of Sugar euery morning faſting.

For the Plague,

Take in the morning faſting one dry Figge, one Walnut, and foure or fiue leaues of Rew, chopped all together, and eate them, and afterwards drinke a cup of Wine: if it bee a woman with childe, leaue out the Rew.

A good medicine againſt the Plague.

Take

Take Betony-water the quantity of three ſpoonefuls, of good wine Vineger, the quantity of three ſpooneſuls, and the quantity of a Nutmeg of good Treacle of Jeane, or elſe the quantity of a Hazell Nut of Methridatum being all mixed together, take it in the beginning of the ſickneſſe.

For the Plague.

Take an ounce of the leaues of Rew, halfe an ounce of good Figgs an ounce of Juniper berries, 2. ounces of Walnuts picked, 4. ounces of Vineger and a good quantity of Saffron, ſtamp all the aforeſaid things together, and reſerue them in an earthen pot or a glaſſe faſt ſtopped, that no ayre iſſue out, then take in the morning vpon a knifes point the quantity of a Beane or more, and ye ſhall bee ſure by the grace of God not to be infected within 24. houres after.

A Medicine for the Plague or Leproſie.

Take Yearbe-grace, Sothern-wood, Mugwort, Worme-wood, of each a handfull, three or foure handfuls of Juniper-berries, thoſe which bee blacke, cut and ſhred the hearbes ſmall and put them into a Flanders Pipkin, and powre thereto foure quarts of good White wine Vineger, and let them ſoke ſeauen nights if the hearbes be dry, if they bee greene, let them not ſoke aboue fourteene houres, then put a handfull or two of thoſe hearbes which bee in the Pipkin into the Still, and then take out a quart of the ſame Vineger, and powre it into the Still vpon the hearbes, and diſtill it with a pretty ſoft fire, for too great a fire will waſte it away, and ſo ſtill it vntill you haue ſtilled all, from the Pipkin into the Stillatory, and after this powre it into the Pipkin againe, and put as many new and freſh hearbes, with ſo many berries as you had before in the Pipkin againe, and ſo let them ſoke one other 7. nights, and then ſtill them againe as you did before, and ſo the third time to bee vſed with new hearbs, &c. in the ſame manner as before, and at the laſt time put 4. ounces of Methridatum into the Pipkin amongſt the hearbes, or elſe fiue or ſixe ounces of Treacle, in the place of the Methridatum for want thereof, and then being ſtilled as before, put the ſame into a double glaſſe, and ſtoppe it with a piece of leather bound

bound about it, and if the party be infected, let him take there-of 4. ounces at one time, and if nede be, you may giue him ſo much for two or three dayes, as you ſee cauſe, and to a woman but two ounces, and to children according to their age, and as they be able to beare it: and ſo ſweate two or three houres, or longer, if the party may endure, and one ſtand by alwayes to wipe their face, leaſt by putting out their hand they take cold, &c. when all this is three times filled, it will not amount to aboue three or foure quarts.

An oyle for all manner of aches, bruſes, and ſtrainings of the Sinewes.

Take a pottle of Neates fete oyle, and a quart of an Ore gall, a pinte of Aqua vitæ, a pinte of Roſe-water, Bay-leaues, Roſemary ſtripped from the ſtalkes, Straw-berry leaues, twits and ſtrings of Lauender cotten, of euery of theſe a handfull, beate them ſmall, and put them into the foreſaid ſtuffe, and ſeethe it ouer a fire of coales, in a Pan of two gallons, and at your owne perill, let not the flame touch the ſtuffe: let it ſeeth very well, and then take it off, and let it ſtand vntill it bee almoſt cold, then ſtraine it through a courſe linnen cloth, but not the bottome of the ſaid liquor, then put it in a glaſſe, and ſo keepe it, and when you are pained, anoynt your griefe withall.

For an ache.

Make Aqua compoſita, and the Oyle of Neates fete luke-warme, and anoynt the Patient vpon the place of the griefe, laying warme clothes thereon.

A Medicine for an ache, or ſhrinking of the ſinewes,

Take the tendrings of Roſemary, and Marſh Mallows, by as euen portions as you can geſſe, gather your hearbes when they be dry from raine and dew: pound them in a Morter very ſmall, then take May Butter well clarified, and put it to the hearbes, and mingle it in a veſſell, and let it ſtand foure dayes, then ſet it ouer the fire, and let it ſeethe till the ſtrength of the hearbs be gone, then take a little of it in a ſpoone, and let it drop vpon the naile, and if it be greene as the Emerald, it is perfect: and then put in an earthen pot, and when you will occupie it, you muſt warme it.

A Medicine for an Ache.

Take Parsly, and Wormewood, of each a handfull, & seeth them in a quart of Ale, with a quantity of sweete Butter, and wash well the place therewith that akes, and also bind the hearbes to the place, as hot as you may suffer it.

An approued Medicine for Aches.

Stampe Smallage and put it into Aqua vitæ, and straine it, then put thereto Boyes grease, and straine them well together, and anoint the patient before the fire therewith euening and morning.

A Medicine for an Ache in any place.

Take Sow-thistle, Chickweed, Elder-leaues, Groundsell and Cleuers of each a handfull, dry all these together betweene two tiles, and lay these hearbes to the place where the griefe is, let the hearbes be washed before they be dryed.

A Medicine for aking sores.

Take iuyce of Smallage, of Nettell, of Mayhed, of each of them like much, take Honney, and the white of an Egge, of either like much, and mingle them together till it thicken, let it come neere no fire, but all raw and cold lay it to the sore.

For Aches and swellings in the knees.

Take a quart of Malmesey, and an handfull of Time, boyle them together, and when it is halfe boyled, put in a good peece of sweet Butter, and let them boile together from a quart to a pint: when you goe to bed, bathe your knees well therewith, & wet a cloth three or foure times double therein, and lay it to your knees as hot as you can suffer all night, and vse this fire or seauen times, and it will doubtlesse helpe you.

For a Sciatica or Ache.

Take oyle of Neates-feete, and Aqua composita, and anoynt the same place where the paine is, then take wooll newly plucked from the sheepes backe, and lay thereon, and wrap it well with warme clothes.

A Plaister for an Ache.

Take as much stone Pitch, to the quantity of a Tennis Ball, & a spoonefull of Tar, and a pennyworth of treacle and Rosin, to the quantity of a tennis Ball, and a spoonefull of Honey, boile

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it ouer the fire in a Kettle, and ſtir it all together till it be well melted, then take a new ſheepes ſkinne, and make holes in it with a bodkin, & ſpread the Medicine on the fleſhy ſide of the ſkinne, and lay it to the Ache as hot as you may.

For an Ague.

Take Purre-rootes: and red Nettle-crops: and ſeeth them in Kale Ale & clarifie it, and giue the ſicke thereof to drink about ſuch time as the cold beginneth to come, and after the heate be paſt. When you ſee that he beginneth to ſweate, giue him to drinke Poſſet Ale, made with Marigold and Fennell, and ſee the poſſet Ale be well clarified: vſe this medicine, for it will take away the Ague within three or foure fits at the vttermoſt.

A medicine againſt the hot Feauer.

Take a handfull of bay-leaues, a handfull and more of red Sage, and ſeeth the ſame in a pottle of Kale Ale, to a quart, and the ſame being ſtrained. let the patient being in bed, drinke thereof a good draught, being warmed with a little Sugar, an houre before his fit come.

A good medicine for anague, be it quotidian or quartane.

Take of Smallage, and of Featherfew, of either of them the quantity of a handfull, ſtampe them and ſtraine them, and then take halfe ſo much as the iuice of the ſame is, of ſmall Ale, and being mixt together, drinke it warme a little before the time that the fit ſhould come: that is to ſay, when you perceiue any grudging: this muſt be drunke three ſeuerall times, the Patient going to bed, and cloathes vnow layd vpon him.

A Medicine for an Ague.

Take Nettles, Cob-webs, and Salt, and beate them in a Wodden-diſh, and lay it to the left arme of the ſicke, and it will take away the heate of the Ague.

For the Ague.

Take Swt, and yolkes of Egs, and bay-ſalt, and pepper, and mingle them together, and lay it to both wriſts, and it will take away the Ague,

For your drinke in your Ague.

For your drinke, take ale, and not ſtrong, & vſe it luke-warme.

Drinke and Pottage in an ague.

Make your Pottage and Poſſet Ale, & Almond milke, with theſe hearbes following, that is to ſay, Sinckfoile, Succory, Bugloſſe, Endiue, Borage, Sorrel, Lettice, and Fenel-rots, and Parſely-rotes, great Raiſins and Prunes.

A Medicine for the drought in an Ague.

Take a quantity of Borage, a quantity of Sorrell, a certaine of Violet-leaues, a certaine of Strawberry-leaues, ſeethe them in a pottle of faire running water, to a quart, then ſtraine the hearbes, then take Almonds, and blanch them, beate them and ſtraine them with the ſaid water, and put Sugar therein and drinke it warme.

A Medicine for the quartane Ague, and for the drought.

Take a pottle of good red Wine, and a pottle of new Milke of a Cow of one colour, take two or three good handfuls of Houſe-eare cleane picked and waſhed, ſtrip it into the Milke and Wine, and temper them together, & let them ſtand ſo one night: and put them in a faire Still, and ſtill them with a ſoft fire, and take the water and put it in a faire Glaſſe, and ſet it in the Sunne foure or fiue dayes, and let the ſicke when he drieth in his Ague, drink thereof three or foure times, and he ſhall be rid of his Ague, and this drinke ſhall quench his drought.

A Medicine againſt the Quartane.

Take ſhell Snailes two handfuls, Bay ſalt, Mallowes, of each a handfull, beate them together, and lay it to the ſoles of your feete, before the quartane fit doth come.

A Medicine for a cold in a Feauer.

Take Camomile and Wormewood, and ſeethe them in a quart of Ale, till halfe bee conſumed, and giue it the Patient firſt and laſt.

A medicine againſt the hot Feauer.

Take a pottle of ſtale Ale, and a bottome of a ſtale white Loafe, and a handfull of Sinckfoile· a handfull of Camomile, Treacle and Vinegar, of each a ſpoonefull, a few whole Spices, Sugar Candy, as much as they lift, & ſeethe theſe untill halfe be conſumed, and ſtraine it from the hearbes, and giue it to the

Patient

patient to drinke, and none other drinke during his heat, and as much thereof as he will, and it helpeth.

For the Ague.

Take two or three Cloues of Garlick, and bruſe them, & a penny-worth of Aqua vitæ, halfe a pint of Ale: ſeeth them together, & drinke it a little before the fit come, as hot as you may.

Againſt the corrupt ayre.

Take Betony, Centory, Egrimony, of each a handfull, and ſtampe them & ſtraine them with Ale, and with a Lycoris ſticke bruſed, and then boyle it, and clarifie it, and make it pleaſant with Sugar, and drinke thereof every morning blood-warme three ſpoonefuls, three or foure dayes.

To make a man haue an appetite to his meat.

Seethe Centory in faire cleane water, and let the ſicke drinke thereof euery morning blood-warme, three ſpoonefuls, three or foure dayes.

To make a man haue an appetite to his meate.

Seethe Centory in faire cleane water, and let the ſicke drinke it luke-warme faſting three dayes, each day nine ſpoonefuls, and he ſhall be whole, for this purifieth the ſtomack and breſt alſo.

A good comfortable powder to diſgeſt well, and many other good properties.

Make Pellatory of Spaine, Centory, Annis, Lycoris, graines of Paradiſe, Ginger, Sinamon, of each like much beaten, and ſearced into fine powder, and drinke thereof morning and euening halfe a ſpoonefull in Wine or in Ale.

To make Ipocras for a weake ſtomacke.

Take a pint of Aqua vitæ, and put it in a glaſſe: then take 2. ounces of Sinamon and one ounce of Ginger, two penniworth of Cloues, two penniworth of Graines, one of Nutmegs, and beate them altogether to groſſe powder, and put them all into the glaſſe to the Aqua vitæ, and ſhake it euery day often, nine dayes together: and then drinke it in Wine or Ale, halfe a ſpoonefull, or a quarter with halfe a pint of Ale.

A Medicine to cleanſe the Back, and purge the Reines.

Take one Fennell roote, and two Parſly rootes, and picke out the pithes of them, and take thereto one handfull of Pella-

tory of the wall, and all these being washed cleane, seeth in Potset Ale, and drinke thereof when you goe to bed, and if you wake at midnight, drinke you also.

A Medicine for the paine in the backe, and for the heate in the backe.

Take Rose-water, and put thereto Saunders, and Rose-leaues, and lay them in steepe in your Rose-water one whole night, then wash your backe with the same, and it will take away the heate, and greatly comfort the Reines.

For paine in the backe.

Take Sage, Rose-mary, Camomile, and Maudlin, of each of them a handfull, then stampe them together, and fry them in May butter, and anoint your backe with it warme.

A Medicine for the Reines of the backe.

Take halfe an ounce of turpentine of Venice, and let it be well washed in plantine water, or Rose-water, and then mixe it with fine white Sugar, and make thereof foure or fiue balls, which you must eate, three in a morning fasting, and dayly drinke a little white wine, or Renish Wine immediately after.

To driue out a paine or griping in the belly.

Take Sothernwood, and lay it against the place of the contrary side where the torment is, and it will driue it out, and if it be layd to the Nauell, it will driue away the paine.

For the biting of any venomous beast.

Take Plantine and drinke the iuyce thereof, and take plantine and Salendine, of each likemuch, stampe them and temper them with stale pisse, and lay it to the sore, and it will asswage the swelling, and draw out the venome.

A medicine for the byting of a mad dogge.

Take a good handfull of Betony, and a handfull of Wilde Sage, a handfull of Night shade, & faire running water a pinte, the hearbs being stamped & strained therewith, and put thereto a pennyworth of treacle, and giue it to the patient to drinke two or three mornings.

A medicine to stop bleeding.

Take Centory, greene Rew, and red Fennell, and stampe and

and ſtraine them, and drinke them warmed.

A Medicine to ſtop bleeding.

Take Burſa paſtoris, Plantine and Iſop, of each of them like much, and braſe them in a Morter, and warme them as hot as you can againſt the fire, and lay them to the noſe of him that bleedeth, and binde ſome of the hearbs to his temples as hot as he can ſuffer them.

Another Medicine for the ſame.

Take an old cleane linnen cloth, and wet it well in Vineger, then burne it to powder, then take the powder thereof, & if it be a wound, caſt it therein, and it will ſtop the bleeding immediately, but if the noſe bleede, then ſnuffe vp the foreſaide powder into thy noſe, and it will ſtint bleeding.

Another for the ſame.

Take a Toade, and dry him in the ſunne very dry, then put him in a linnen bag, and hang him about your Necke with a ſtring, ſo low that it may touch your breſt on the left ſide nere vnto your heart, and commonly it ſtayeth all kinde of bleeding at the mouth, noſe, or wound.

Another to ſtop blood.

If your noſe doe bleede vnnaturably, then tye your little finger very hard about the lower ioynt, and for the moſt part it faileth not, but ſtayeth the ſame.

For ſpetting of blood.

Take the iuyce of Betony, and temper it with Goates Milke, and giue the Patient to drinke three dayes.

For the ſame.

Take Smallage and Mints, Rew, and Betony, and ſeethe them well in goos Milke, and ſup it warme.

To ſtench blood at the noſe.

Take Betony, ſtampe it with a little ſalt, as much as thou maiſt take vp with thy two fingers, and put it in thy noſe.

To ſtench blood.

Take linnen cloth and burne it, and take the powder and put it in another cloth, and ſo lay it to the wound. Alſo take an Hearb that is called Peruincel, and hold it betweene thy teeth, and then ſhalt not bleede while thou holdeſt it there.

Good

Good for the braines.

To ſmell the ſauour of Muſke, Camomile, to drinke Wine meaſurable, or to eate Sage, but not much, to kepe the head warme, often waſhing of your hands, meaſurable walking, meſurable ſleping, to heare little noiſe of Muſicke or ſingers, to eate Muſtard, Pepper, the ſauour of red Roſes, and to waſh your temples with Roſe-water.

Ill for the Braine.

All manner of Braines, Gluttony, Drunkenneſſe, late Suppers, to ſleape much after meate, corrupt ayres, anger, heauineſſe of minde, to ſtand much bare headed, to eate too much or haſtily, too much heate, too much watching, too much cold Milke, Cheeſe, all manner of Nuts, much bathing, Onions, Garlicke, and great noyſe, or to ſmell a white Roſe.

For ſtopping in the breath.

Take Rew and ſeeth it in Eiſell, and ſo drinke it: drinke Nettle-ſeed brayed, and it ſhall void grauell of the ſtone in the Kidnes of the Backe.

For a ſtinking breath.

Take the ſeed of Coriander, and boile it in white Wimney or Sacke, and thereof drinke three ſpoonefuls in the morning, and as much at euening, but that you drinke in the morning, muſt be cold, and the other hot, but you muſt vſe to take no exceſſe of meates, nor drinks, nor ſit vp late, but riſe vp early.

A medicine for a bruſe in the Leg or Arme or elſe-where.

Take water-Creſſes, and waſh them cleane, and ſeeth them in faire water till they be ſoft, then beate them ſmall in a Morter, and put them in a cleane Pan, & put thereunto ſweet ſuet of a Hart, Buck, or Sheep, and put thereto the Lees of Wine and Wheate Bran, and lay all together, and make a plaiſter thereof, and lay it warme to the ſore place, and ſo lay three or foure plaiſters, as neede ſhall require.

Another plaiſter for a bruſe or ſore vnriped.

Take Otemeale grotes, and ſeethe them in ſweete Cow milke, vntill they be as thicke as Pap, and put it into a Pan, with a quantity of Sheepes tallow, and boyle them well, and ſtirre them well, and then make a plaiſter thereof, and lay it to

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the griefe as you can ſuffer it.

For a bruſe or a ſtraine.

Take the grounds of Ale or Beere, and wheate bran, and Chickweed, and lay it to the greefe three or foure times a day vpon a red cloath, and not too thin.

For all bruſes and aches in the bones.

Take a good quantity of Mallwort, and a certaine of Balm and Smallage, and ſtampe them well, then take a pound of May Butter, and temper them together, then make them in round bals, and let them lye eight dayes after, and then ſtampe it againe, then fry it, and ſtraine it, and ſo put it in an earthen pot, and this will helpe the bruſe, though it be very blacke.

A Medicine for burning, ſcalding, or burnt with an Hand-Gun.

Take ten or twelue Egges, as you will make the quantity of your Oyle, and let them be as new as you can get, lay them in the fire, & roſt them as hard as you can, then take the yolkes, and chop them as ſmall as you can, and put them in a earthen pot and ſet it ouer the fire, and take a ſticke and ſtir it, and let it boyle vntill you ſee it conſumed in a manner to nothing, then take it from the fire, and ſet it in the ayre a quarter of an houre or more, and there will come an Oyle thereof, then take a feather, and anoint the griefe with the ſame Oyle, and take Harts-tongue-leaues, and lay them vpon the griefe, and that will gather the ſkin, then you may binde a cloth to it.

Another Medicine for the ſame.

Take the dung of Geeſe of one nights making, and freſh Butter vnſalted, or elſe clarified Hogges ſewet, and fry them in a frying pan a good time or ſeaſon, vntill your ſewet bee almoſt conſumed, then put them in a cleane courſe linnen cloth, and ſtraine them into a ſmall veſſell, then take a feather, and dip it in the liquor, and anoint the burned place or ſcalded, and when you haue ſo done, wet a fine linnen cloth in the liquor, and couer the ſore withall: and do this twice or thrice a day, and by Gods grace it ſhall helpe you.

For burning, or ſcalding.

Take Maiden-wort, ſtampe it and ſeeth it in freſh Butter, & ſtraine it and anoint the patient.

To take away a heat and burning with Gunpowder.

Take a good quantity of Houſleeke, ſtampe it and wring out the iuice, take the white of fiue Egges, and beate them in a diſh till they be thin, and then take off the ſkinne, and put the reſt together, and waſh the ſores with a linnen cloth, and lay the cloth aloft vpon the ſore wet.

A Medicine for burning or ſcalding.

Take blacke Sope, or grey Sope, and lay it immediately to your ſore.

For burning or ſcalding.

Take a good handfull of Auens, and as much of Sheepes dung, and ſo fry them in May-butter, and ſtraine it, and anoint the place with the ſame cold, twice a day, but anoint it firſt with gray and blacke Sope, and it will helpe, the ointment muſt be ſpred vpon a flaxen cloth if you can get it.

To make an ointment for burning with Gunpowder or ſcalding with water.

Take a handfull of Barroes-greace, and two handfuls of Grounſell, and two or three handfuls of Houſleeke, and ſtampe the hearbes together, then put to it new ſheepes-dung two handfuls, of Goſe-dung two handfuls, and ſtampe them together, and being hote, ſtraine them through a cloth into an earthen pot, and with the liquor anoint the burned place.

An oyntment for burning.

Take Plantine, May-head, Dazy, and greene barke of Elder, and greene Goſe-dung and oyle of Oliue, ſtampe them together, and wring them through a cloth, and bathe the place that is hurt with a feather.

For burning or Scalding in what place ſoeuer.

Take the white of an Egge, and put it in a Pewter diſh, and then labour it with an Allum ſtone, till it be like a Poſſet curd: then take a fine piece of linnen, and wet it in oyle Oliue, or in ſome other oyle, then lay the ſaid cloth vpon the ſore, and abone it lay the foreſaid curd made of the white of an Egge, and that ſhall draw out the fire and heale the ſore.

For

For the burning or Scallding.

Take foure Egges and roſte them, and take out the yolkes, & fry them in a pan ſoftly vpon the embers, till they be blacke, and thereof will come an oyle, the which ſaue and put into a Gally pot, and vſe it when you haue need.

A medicine for a burning for lacke of other things.

Take the Berries of Elder tree, and lay them to the ſore, and it helpeth.

Another Medicine for the ſame.

Take Oyle Oliue, and beate it with water till it ware very white, and anoint the place.

For a burning with fire.

Take blacke Verniſh, and all to anoynt the place with a feather, and it will ſtay the heate, and heale it as faire as euer did medicine, and ſo vſe it till you be whole.

For a Canker in a womans paps.

Take Cowſe dung, and Sallendine, and bray them well together, and lay them to the ſore pap, & it will cleanſe the Canker, and kill the Worme, and heale the ſore.

For the Canker in the mouth.

Take the iuice of Plantine, vineger, and water of Roſes, and waſh thy mouth withall many times.

A receit to ſtill a Cock.

Take a red Cock of three or foure yeares old, and kill him and dreſſe him faire, and cut him in foure quarters, bruſe the quarters, and picke out the fat of them, then take halfe a handfull of red Mints, & a handfull of Harts-tongue, put them in the pot cloſe, with halfe a pint of Malmſie, fiue crops of Hiſope, a rote of Parſely, a rote of Fennell, a rote of Endiue, twenty Damaſke Prunes, twenty Raiſins of the Sun, foure Maces, and let it ſtill twelue houres, and let the pot bee couered with paſte, with a platter vnder it, and let the patient drinke it euery morning next his heart.

A Medicine for the Collick.

Firſt take a handfull of Roſemary, as much of time, and as much of Hyſope, one ounce of Cloues and Mace, and ſeeth it in a pottle of white Wine, and let it ſeeth till it bee conſumed to a

quart, then put therein a little ſugar, and drinke thereof luke-warme, when you feele your ſelfe pained, and when it is ſodden, as before is mentioned, you muſt burne it as you burne other Wine.

For the Collicke in the ſide.

Take a ſmall wooden diſh, and put therein firſt cold aſhes then lay vpon them hot Embers, without great coles, & thereupon ſtrew a great quantity of Cummin-ſeed, and ſprinkle it with Malmeſey, and ſo do till the diſh bee filled: then couer the diſh with a faire linnen cloth double, and lay it ſo hot as you can to your ſide where the Collicke lyeth, and vſe this two or three times, and it will helpe you. And for lacke of Cummin-ſeed, take red Sage, Camomile, Hyſope, Time, Penyroyall, all of like quantity, and vſe it as the Cummin-ſeed before.

A Medicine for the Stone.

Take Pellitory that groweth on the wall, ground Ivie, Saxifrage, Parſly, Auens, Mallowes, and red-Nettles, Pepper Chernell, and Mouſe-eare, and boyle all theſe hearbes, of euery of them a like quantity in Whay, and clarifie the Whay with the white of an Egge, and drinke a draught therof at any time faſting.

Another for the ſame.

Take halfe a penny worth of Parſly-ſeed, as much of Radiſh ſeed, being well dreſſed and bruſed, and ſeeth them all in a pinte of white Baſtard to halfe a pint, and then drinke it milke-warme.

Another to breake the ſtone.

Take Hauthorne flowers, or for lacke of flowers, take Hawes, and diſtill them, the flowers in May, and the Berries when they be ripe: take of this water three ſpoonefulls, and three ſpoonefuls of Malmſey, and a quantity of Ginger, and drinke it warme.

A medicine not onely to breake the Stone, but alſo clearely to purge you thereof, if you do vſe this ſame dayly.

Take the Roſes of a Hip tree, and pricked Holly-leaues, and dry them in an Ouen, & beate them ſeuerally into dry powder, then

then put them together being firſt ſearced, and of like quantity: then put thereto the powder of Grommell-ſeed, and Bromſeed, of each a like quantity, doing but halfe ſo many in quantity as the powder aforeſaid: and they being mixt all together, vſe dayly a good ſpoonefull of the ſaid powder in a draught of Ale, Beere, white Wine, or Reniſh Wine, euening and morning: and beſides that, you may vſe the ſame powder in Broths and Pottages, the oftner the better: haue alwayes in ſtore a good quantity of the ſaid powder: you muſt keepe the ſame alwaies dry, in a Pipkin by the fire ſide, or otherwiſe.

Another for the ſame.

Take Parſly, diſtill it, and vſe to drinke the water in white Wine, or in good Ale, and it will deſtroy the Stone, Collicke, Strangury, and other paſſions in man or woman.

A Medicine for the Collicke and the Stitch.

Take the grounds of Malmſey, Sheepes tallow, Rhubwort, red-Sage, and Aliſanders, ſeeth all theſe together, and make a plaiſter thereof and lay it to the griefe, and anoint you with Oyle Olive, and Oyle of Balme mixed together.

For the Collicke and Stone.

Take Pellitory, vnſet Leekes, and Mallowes, of each a like quantity, ſtamp them, and put thereto a penniworth of Neates Oyle, fry them well together in manner of a plaiſter, put them into a bag of linnen cloth, and being very hot, lay it to thy belly and it helpeth within an houre.

And for the Stone, lay the ſame to the reines of the Backe behind, and it helpeth with ſpeed.

For the Collicke and Stone.

Take halfe a pound of Time, as much Parſly rootes, and blades, halfe a pound of Aliſander-roots, and ſeeth them all together in a pottle of Ale, vntill it conſume to a quart, and ſo drinke it faſting.

For the Stone and for him that cannot piſſe.

Take a quantity of Time, Parſly, crops of Fennel, Sinkefoile, Aliſanders, of like quantity, fiue or ſixe cloues of Garlike: ſtampe them together, and ſtraine them with white Wine or Ale, and drinke thereof firſt and laſt, warmed.

A ſpeciall Medicine prooued for the Stone, Collicke, Dropſie, Strangurie, and Iaunders.

Take of Cúmy halfe an ounce: Ginger, Annis ſéed, Licorice, Maces, Nettle-ſéeds, Ieſſe, Saffron, of each two penny weight Fennell-ſéede, and Spikenard of each one penny weight, and three penny weight of Cinamon, make all theſe in powder, and drinke thereof halfe a ſpoonefull at once in poſſet Ale, or in Pottage.

For the Collicke paſſion.

Take Annis-ſéeds, Fennel-ſéeds, and Carraway-ſéeds, of euery of them halfe an ounce, Ginger, Galingale, and Cinamon, of euery of them two drágmes: Cloues, Maces and Cardam, of euery of them halfe a drágme, Setwall, foure drágmes, Sugar eight ounces, make them all together in powder.

For the ſtone in ſtopping of the water.

Take a pint of white Wine, and therewith make a Poſſet, then take all the curd away, and put into the Poſſet Ale, two penny weight of the ſcraping of white Sope, and boile it, then drinke it as hote as you can.

For the Collick and the ſtone, prooued.

Take Parſely-ſéeds, Broome-ſéeds, Crommel-ſéeds, Fennell-ſéeds, Annis-ſéeds, Plantine-ſéeds, and Smallage-ſéeds, of euery of them a quarter of an ounce, and of Nutmegs, halfe an ounce, of Sugar tryed, foure ounces, and beate them altogether in a Mórter, vntill they be very fine, then ſearce the powder through a ſearcet, and vſe to drinke this powder euening and morning, three dayes in a wake, with Wine or other drinke luke-warme, and take of this powder at a time, the quantity of a great Hazel Nut: and if the paine be great, take of the oyle of Scorpions, with oyle of Roſes, and anoint your ſide where the paine is, againſt the fire.

To purge the bladder of him that cannot piſſe.

Take Fennell, and the rootes of Alliſanders, Parſely, the rootes and leaues of Harts-tongue, Maiden-haire, and ſeeth them in white Wine, and giue it the patient to drinke, and it will purge the Bladder in ſhort time.

For the ſame.

take

Take, Rew and Grommell, and Parſely, ſtampe them together, and temper them with white wine, and giue it the ſicke to drinke warme.

For him that cannot well piſſe.

Take a flint ſtone, and lay it into the fire vntill it be red hot, and therewith warme your Ale, and then drinke thereof.

To prouoke vrine, and againſt the ſtone.

Take three quarts of Ale, warme it well, let it be ſkimmed thrice, then put to it a handfull of Time, a handfull of Roſemary, and a handfull of Penni-royall, and let them ſeeth together till one quarter be conſumed, or more, then, ſtraine the hearbs from the Ale, and drinke a draught of the Ale firſt and laſt warme. To make one piſſe.

Take a quarter of a handfull of Parſely, as much red Fenell, waſh and ſhred them ſmall, and put them in a cup of ſtale Ale, and make a poſſet therewith, and drinke the Ale, and it helpeth.

For a man that piſſeth blood.

Take Ambros a handfull, Burſa paſtoris as much, Parſely-ſeed as much, ſtampe them all together, and giue the ſicke to drinke thereof in Goates milke.

To prouoke vrine.

Take a handfull of red Nettle-rootes, and ſeeth them in a quart of good Ale, till it be conſumed to a pinte, and put thereto halfe a diſh of Butter, and let it be cleane ſkimmed before the Butter be put in, and ſeeth it in Alliſander-ſeeds, Parſely-ſeeds, Grommell-ſeeds, beaten in fine powder, and ſtraine them through a fine cloth, as much of the one as of the other, and drinke thereof firſt and laſt.

For the ſame.

Take a quantity of blacke Sope, and Engliſh Saffron, and temper them together cold, and lay it cold vpon your nauell, being ſpred vpon a broad paper, or red leather, and then lay vpon it a linnen cloth of ten or twelue folds, hote, and roule you with a towell, and ſo lie downe vpon your bed warme, and it will make you piſſe within an houre.

A drinke for a windie Collicke.

Take a quart of Malmſie, and two ſpoonefuls of the pith

of

of Parſly-roots, and a handfull of Violet-leaues, and fiue Bay-leaues, ſeeth all theſe together vnto a pint, and drinke it morning and euening warme.

To take a way Cornes.

Take Marigolds ſtamped, and lay it vpon the ſore, euening and morning and it profiteth. Or elſe pare your Corne, and lay thereto Turpentine and red Wax boyled together, and make a playſter thereof, and it helpeth.

To do away a Corne.

Take and cut away the Corne, and drop into it a drop or two of a blacke Snaile, and put thereto the powder of Sandiuer and it will do it away.

For the ſame.

Pare away your Corne as nere as you can, and put into the hole vnſleckt Lime as much as a Fitch, and couer it with a playſter of Ware and Rozen, and let it lie 24. houres.

To make a water againſt a conſumption.

Take a quart of Roſe-water, as much of womans milke, milke of Goates, of Mares, or of Cowes milke: put vnto them thirty yolkes of Egges well mingled together, and thereof diſtill a water, whereof giue the patient to drinke warme firſt and laſt, with a Cake of Manus Chriſti, made with Gold and Pearles.

For a Conſumption of the Reines.

Take Clary-leaues, and picke them, and fry them with two or three yolkes of Egges, and put thereunto Saffron dried vpon a ſtone, and grinde it ſmall, and put all together, and fry them in freſh butter, and eate it warme next your heart.

To make a Gelly for one that is in a Conſumption.

Take a Legge of Veale, and cut away the fat, and a Capon or Cock new killed, and ſcald him, and waſh him cleane, and let the Capon and the Veale lie in water the ſpace of three houres, and ſeeth them on the fire, with two pottles of faire water, ſcum it cleane, and as the fat riſeth, take it off, and ſo let it ſeeth, till halfe the broth be conſumed, then put in a pottle of rackt Reniſh Wine if you haue it, or elſe a pottle of white wine, and let it ſeethe altogether, vntill it conſume to a quart, &

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clariſie it with three or foure whites of Egges, and let it runne through a gelly bag, and then ſet it on the fire againe, and put in one pound of Sugar, and one ounce of Sinamon groſſe beaten, and then let it runne through a gelly bagge three or foure times, and after let the patient drinke thereof warme.

For an extreame Cough.

Take Fennell rootes cleane waſhed, Annis-ſeeds, and a little Licorice, and ſeeth them altogether in white Wine, and take the white Wine, and drinke a good draught thereof when you goe to bed, and the next morning take a Figge and a Date, and roſte them, and eate them ſomewhat hot, and neither eate nor drinke in two or three houres after, and in two or three times drinking it ſhall helpe you.

For the Cough.

Take eight pennyweight of fine Ginger, and ſixteene pennyweight of the powder of Elicompane rootes, and one ounce of the powder of Licorice, and two ounces of the powder of Annis-ſeeds, and three ounces of Sugar-Candy, mingle all theſe together, and vſe to eate it when you will at all times in the day, and you ſhall finde eaſe therein, for this is well proued.

For the Cough, and to dry vp the rheume and fleame.

Take a handfull of Sage, and a handfull of Bay-ſalt dried at the fire, a handfull of Cummin, a pennyworth of Cloues, and another of Maces, and beate all theſe and mingle them together, and put them into a linnen bagge the length and breadth of a mans hand, and quilt it, and vſe it hot vpon the mould of the head till you be eaſed: warme it morning and euening, and lay it to your mould againe.

For the Cough of the Lungs.

Take a pottle of running water, twenty Figges, a quarterne of the beſt Sugar, a good quantity of Licorice and Annis-ſeeds, a penny-worth of Maiden-haire, a handfull of great Raiſins the ſtones picked out, and boyle them vnto a quart, and ſo warme a little in a ſtone cruze, and drinke thereof.

For the Cough.

Take Hyſope, Horehound, Sugar, and water, boile them altogether, till it come to a thinne Sirrope, and ſo vſe to eate

thereof euening and morning, and all other times when you thinke good.

For the Cough.

Take a pint of Hyſope-water, and halfe a pint of Roſe-water, and a good quantity of Licorice brused, a great ſpoonefull of Annis-ſeeds, halfe a pound of white Sugar-Candy: let all theſe boile together, till it come to cleare Sirrope then put it in a faire glaſſe ſtrained, and take the Sirrope at all times of the day or night, when you liſt.

For the Cough.

Take a toſte of bread, and make it hot, and put on ſweet Ballet Oyle one both ſides of it, and eate it euery morning and euening, and it will helpe you.

For the ſame.

Take Barrowes or Bores greace, three or foure cloues of Garlicke, and ſtampe them together, and warme and anoint thy feete therewith at thy going to bed, and ſo keepe them hot with a toſted trencher and warme cloathes, and you ſhall recouer.

For the chin Cough in Children.

Take Bores-greace, and warme the ſoles of their feete at the fire, and chafe them with the aforeſaid Bores-greace, and let them go to bed, and keepe them warme, and lay cloathes to their feete.

For the Cough and the wheeſing.

Take a pound of Sugar-Candy ſomewhat finely beaten, halfe a pound of Licorice ſcarced, and halfe a pound of Annis-ſeeds, ſcarced, and an ounce of the powder of Ginger, an ounce of Elicompane-rootes made into powder, and mingle theſe together, and take of the ſame powder halfe a ſpoonefull at a time when you goe to bed, and when you riſe in the morning.

For the Cough.

Take Hyſop, Licorice, Horne-hound, a little of the rootes of Elicompane, great Raiſins, Figges cut in ſmall pieces, and Annis-ſeeds: boile all theſe in water, then ſtraine out the water, and drinke it euery morning faſting.

For the Cough and for ſtopping at the breſt, and to open the pipes, and ſo to auoid much corruption.

Take the rote of Elicompane, and a roote of Radiſh, and ſhred them thin, and Peare-wardens, twice ſo much as of both the others, then put all together into a new earthen pot, then put thereunto clarified Hony till it ouer-flow the ſaid ingredients: then couer the pot, and paſte it that no breath come out, and ſet it into an Ouen, and let it bake with a batch of bread, and giue the ſicke thereof, a ſpoonefull at morning and another at night.

Maſter Bakers Medicine for the Cough of the Lungs.

Take three pints of running water, halfe a pound of Perſingale-Sugar, with nine Figgs, and halfe a ſpoonfull of Anniſ-ſeedes, bruſed, a handfull of Raiſins of the Sun, cleane waſhed, hauing the ſtones picked out, a peny, worth of Maiden-haire: let all theſe boile together till the one halfe and more be boiled away, and then ſtraine the ſame through a fine cloth, and euery morning drinke two ſpoonefuls of it luke-warme, and you ſhall finde preſent remedy.

For the Crampe.

Take Holly-oyle, oyle of Violets, and of Swines-greace, of each like much: and make an ointment and anoint the place.

An excellent ſalue for a cut.

Take two handfuls of Bugle which groweth moſt commonly in woods, and as much Valerian: bruſe them very ſmall, then take a quantity of Waxe ſewet, halfe ſo much vnwrought Waxe, ſo much of theſe two as the hearbes may be boiled there in, then ſet it one the fire, and when it is halfe boiled, put in a quantity of the beſt Turpentine that you can get, then let it boile till it be enough, and all the while ſtirre it well: when it is boiled enough, ſtraine it through a cloth into a veſſel and ſo keepe it.

For a new cut that wil not leaue bleeding.

Take the blades of vnſet Lekes, and ſtamp them, and put thereunto Hony and Wheate flower, and ſtir them well to-

gether vntill they be thick: let it come to no fire, but all cold lay it to the wound and it will stanch the bleeding, draw out the bursed blood, and make it cleane.

For the deafenesse in a mans head.

Take a quart of Malmsey, a penny-worth of Cummin, and eight Betony leaues that groweth on the land: then boyle all these together till the one halfe of the Malmsey be consumed: then take the pot that you boile your Medicine in, as soone as the hearbes be boiled, and couer it with a funnell, and binde it close about the verge, that the heate come not out, then put a quill in the other end of the funnell, then put the patients eare thereunto, so that the heate may goe close into his head, first the one, and then the other, and whilst the heat is driuing in the one eare, you must stop the other with blacke woll, and you must haue hot cloathes to keepe in the heate on the other side of the head while the medicine worketh: then serue the other eare likewise. You must vse it three times in the day, that is to say, in the morning, at noone and at night, and so you must continue the space of three dayes, and three nights. See that the Patient come not into any open ayre the space aforesaid: and you must put to your Malmsey a quarter of a pint of cleere running water.

A good medicine for deafenesse, vsed by Thomas Steuens of Bushton.

Take Bay-berries, Bay-leaues, Betony, and Staticards, of each of them one handfull, seethe them in white Wine to the halfe, and for an old man in Malmsey: then put it into a vessell that hath a narrow mouth, and hold your eare ouer it being vncouered, so that you may suffer it, being neither too hot nor too cold: then take oyle of bitter Almonds, and let drop thereof two or three drops in your eare, and alwayes haue a locke of fine blacke woll that groweth betweene the Sheepes legges, to stop close your eare therewith: wherein if you put a little Muske, it will be the better.

A soueraigne Medicine for the paine and buzzing in the head, which hindreth the hearing very much.

Take

Take one clone of Garlicke, pill it, and pricke three or foure holes in the middeſt, and dip it in fine Engliſh Hony, and put it into your eare, and put a little blacke woll after, and lie vpon your other ſide each night, and ſo let it continue in your eare for the ſpace of ſeauen or eight dayes, and it will expulſe the humors at your noſe, expell the paine, and reſtore the hearing.

For the paine in the eare.

Take two handfuls of Sage, one handfull of Hyſope, and halfe a handfull of Roſe-mary, put theſe into a little pillow boiled in Roſe vineger, Aqua vitæ, and Roſe-water, and lay it to your eare as hot as you can ſuffer it.

An oyntment for a ſwelling.

Take a good quantity of Smallage and Mallowes, and put thereto two pound of Bores-greace, one pound of Butter, and a quantity of Neates-foot oyle, ſtampe them well together, and fry them, and ſtraine them into an earthen veſſell.

To make a drinke for an extreame heate or drought.

Take a pottle of faire water, a handfull of Succory, a handfull of Endiue, a handfull of Violet-leaues, a handfull of Burrage, halfe a handfull of Lettice, two Fennell-rootes, two Parſely-roots, put them all in your pottle of water, and let them ſeeth from a pottle to a quart, then take it off, and put a little Sugar to it, and let it haue two wallops more, then drinke of it when you thinke good,

To make a diet drinke.

Firſt buy a diet pot and fill it full of Conduit water, lacking a quart: then put to the water a quart of white Wine, and ſet it ouer a ſoft fire of coles, then put thereto a pound of Liquoras ſcraped and cut in ſmall pieces: halfe a pound of Anniſeeds bruſed halfe a pound of Lignum vitæ, bought at the Turners, and an ounce of the backe of the ſame, which you may haue at the Apothecaries, then let all theſe boyle together an houre and a halfe, ſo that one part of the liquor be boiled away then take and ſtraine it into a faire veſſell, and keepe it cloſe, and drinke thereof firſt and laſt a pretty draught warme.

A water for the eyes.

Take kindely Rock Alome white, a ſmall quantity of Red

Roſe-water, and the iuice of red-Fennel, and the white of an Egge well beaten, and take off the ſcum of the Egge, and beate them together, then ſtraine it through a fine cloth, then dip your finger in the water, and let it drop in your eye.

Good for the ſight.

All this is good for the ſight: red Roſes Vernaine Rootes, Fennel, Saleadine, Pimpernell, Oculus Chriſti, to waſh your eyes with cleare water, or to looke vpon greene colours, meaſurable ſharpe, to looke in a faire glaſſe, oft waſhing of your hands and face, and it maketh your meat digeſt well,

Ill for the eye ſight.

To ſtuddy after meat, Garlike, Onions, Leekes, Lettice, to ſodaine going after meate, Wines, hot or cold aire drunkenneſſe, gluttony, Milke, Cheeſe, much beholding of bright things, and as euill red things as white: much ſharpe after meat to much walking after meat, and to much letting blood, Colewort, fire, duſt, to much weeping, and ouermuch watching.

A ſpeciall good water for the eyes.

Take a new layd Egge, and roſt it hard, cut the ſhell in the middeſt, and take out the yolke, and put in a piece of white Coperas whereas the yolke lay, and binde the Egge together againe, and let it lye in the fire till the Coperas bee deſolued in water: then take the white out of the Egge, and cut it in ſmall pieces, and let it ſtand a while, then ſtraine it through a fine cloth, and keepe it in a cloſe glaſſe and dreſſe the eye euery morning and euening.

To kill the pin and the webb in the eye.

Take a quantity of three leaued graſſe, as much red-Fennel, as much red-Sage, as much Dazies, the white of an Egge, beaten, and the froth taken away, halfe a ſpoonefull of Hony, ſtampe all the hearbs together, and then take the iuice thereof, and put thereunto the white of the Egge, and the Hony, and then ſtir them together, and drop the ſame into the eye of the patient: then take a plaiſter of Flax tow, and dip it in the ſaid Medicine, and lay it vppon the eye of the ſaid patient, and binde it faſt and let remaine ſo an houre at euery time of dreſſing.

An

Another for the ſame.

Take the leaues, of Sallendine, and ſtampe them and ſtraine them: then put one drop of the iuice thereof in the eye, and it will helpe by Gods grace.

For the webbe in the eye if it be old.

Take the red Pimpernell and Euphraſia, and ſtampe them in a Morter: and then, fris them with Capons greaſe in a cleane pan: then wring it through a cloth into a veſſell of braſſe and let it ſtand therein three daies after: put it in a bore of horne or tinne, and take thereof and put it into the webbe of the eye: This Medicine is ſoueraigne.

A good Medicine for the eyes, being either.

Pearle or Webbe.

Take three leaues of Daizies, and Pouch-wort, alias Burſa Paſtoris, and the Cheſt-lops, alias Wood-liffe: ſtampe them together and ſtraine them in a little good Ale: drinke of the ſame three ſeuerall mornings, two houres before you riſe, and you ſhall finde eaſe. Notwithſtanding your eyes will bee ſore, then waſh your eyes with cleare running Water: then drinke of your drinke two mornings againe: and you ſhall bee whole and finde great eaſe by Gods grace.

A water comfortable for the eyes.

Take the iuice of Euphraſia, or elſe water made of it: for it is the beſt hearbe that can be for the eyes, what way ſoeuer you can take it.

For ſore eyes.

Take rotten Apples and diſtill them: and with the water thereof waſh your eyes, and it will purge and cleanſe them, and cleare your ſight.

For the ſame.

Take Coperas and lay it in running water and ſtraine it: and when you goe to bed, ſtrike the brees of your eyes with the ſame water, and let it drop into your eyes.

A water very good for the eye-ſight.

Take Roſe-leaues, a great handfull of red Fennell: Veruaine as much: Rew a handfull: Salendine as much: and diſtill them together, and you ſhall haue a good water and

comfor-

comfortable for your eyes.

A drinke for the eye-ſight.

Take a quantity of Iuie that groweth vpon the Aſhe, a quantity of the rootes and leaues of Daſies in the field, alſo a quantity of Fennell, and a quantity of three-leaued Graſſe: all theſe being waſhed cleane, ſtampe them and ſtraine them with a pint of ſtale Ale: and drinke thereof euening and morning, or at midnight for a ſeaſon.

A perfect water for the eye-ſight.

Take Sage Fennell, Vernaine, Betony, Euphraſia, or Eye-bright, Pimpernell, Diuckfoile, and Yeard-grace, and lay all theſe in white Wine all night: and then diſtill them in a ſtillatory or glaſſe, &c. This water is ſpeciall good.

For the Emrodes, and to dry vp any ſore.

Take the broad Nemphane leafe, commonly called Canel-leaues, which grow in the waters: waſh them cleane, put them in a paper, and fry them in the Embers, and apply them as hot as may be ſuffered, and make them in powder, and caſt them into the ſore, and it helpeth.

For the ſame.

Take red Worts and ſeeth them in a pot: then take the pot and ſet it vnder a cloſe chaire, and ſit ouer it, and lay warme clothes about the chaire, that no ayre may goe out, and ſo ſit ouer it till it be cold, and then anoynt the members with the liquor.

For the ſame.

Take a plate of Lead and rub thereon a quantity of Beares-greaſe, for a man, and Swines-greaſe for a woman, and waſh it with white Wine, and anoynt the Emrodes.

A Medicine for a red and high coloured face.

Take Vine-leaues, Strawberries and Creame, and put two penny-worth of Camphire vnto it: then put it in a ſtillitory with the aforeſaid leaues, and diſtill it: and take the water thereof, and waſh your face therewith morning and euening for a certaine ſpace, and it will take away the high colour of the ſame.

An

Another for the ſame.

Take Cowcumbers, and pare them cleane, and cut them in ſlices, and diſtill them, and with the water that commeth of them, waſh your face daily, three or foure times in the day: if you haue none of the water, then take the Cowcumber it ſelfe, and pare it and rub your face therewith.

A Medicine to deſtroy heate in the face, or in any other place, though it be St. Anthonies fire.

Take a quart of Smiths water a handfull of Sage, a handfull of Elder leaues, or of the greene barke, a penny-worth of Allmon and ſeeth them altogether from a quart to a pint, then put in an earthen pot and anoint the patient.

For the pimples in the face.

Take wheat-flower mingled with Vineger and Hony and lay vpon them, and it will cleanſe them.

Good for a Fellon.

Take Sage, Rew, Snailes, Bay-ſalt, and Bacon, and beat them together, and then lay it to the Fellon, and it ſhall helpe you.

For the ſame.

Take Hearb-grace, Parſly, and white Woots, ruſty-Bacon a little Butter, a houſe Snaile, mingle them together, and make thereof a plaiſter.

A Medicine for Biles, Fellons and, vncomes.

Take Wheate-flower, Bores-greace, Bay-Butter, and Sage, and ſtampe it together, and make a plaiſter thereof, and lay it to the Bile, or Fellon, and it will both ripe it and draw it, and if it be fryed it will worke the better.

To ripe Biles, Fellons, and Vncomes.

Take a pint of ſweet Milke, and ſet it ouer the fire, and put therevnto a quantity of Sheepes Dewet, ſmall ſhred, and a handfull or two of Otemeale fine beaten, and let all theſe ſeeth till it ware very thicke, ſo that ye may ſpread it vpon a faire linnen cloth, and lay it as warme as you can ſuffer to the ſore, and it will quickly ripe it, and breake it without great paine, then when it is broken, lay a little Turpentine vpon a piece of white leather pricked full of holes, and it will draw and

heale it. A gargreſſe for fleagme.

Take a quantity of Endiue-water, and as much Honyſuckle-water, a good ſpoonefull of pure Muſkard, a ſpoonefull of Hony, two ſpoonefuls of vineger, and a little powder of Pepper, two or three branches of Roſe-mary, and the leaues of Sage, and put all theſe together, and beate them vpon a Chafingdiſh of coles luke-warme, and let the patient put a ſpoonefull at once in his mouth, and hold his head vpwards, and waſh his throat therewith, and it ſhall make him void much fleagme, let him take thereof as oft as he ſhall thinke good.

To breake the fleagme, and for the Cough.

Take a pint of Iſop-water ſtilled, one quart of good Muſcadine, three or foure good races of eaſe Ginger, pare them cleane and cut them in ſlices, and twice ſo much Licorice, and pare it likewiſe, one good handfull of Sugar-Candy, groſſe bruiſed, put all theſe premiſes together in a glaſſe, and ſhake them together, and ſtop it cloſe, and let it ſtand foure and twenty houres then drinke thereof at your pleaſure.

To breake Fleagme.

Take Butter without Salt, and Honey, of each a like quantity, and a few bitter Almonds, blaunch them and beate them fine, and eate a little euery day.

For the ſame.

Take Smallage, and ſeeth it in Vineger, then take the vineger and waſh your breſt withall, and then take the Smallage and put it in a cloth, and binde it to your ſtomacke three houres.

For the ſame.

Take Sorrell and ſtampe it, and ſtraine it, then take the iuice and temper it with old Ale, and drinke a good quantity in the morning before you riſe out of your bed: then take a ſleepe after, and you ſhall deliuer fleagme wonderfull to ſee for the quantity.

A Medicine for the Flixe, or Laxe.

Take Egges, and rooſte them hard, and take the yolkes of them and ſtraine them with red-Wine, and put thereunto Sinamon,

Sinamon, then ſeth them together, and drinke it as hote as you may ſuffer it.

For the ſame.

Take Wheat-flower, and the yolkes of Egges, with the iuice of Plantine, and make a Cake of it, and bake it in an Ouen, and eate it as hot as you can, and drinke thereto Red Wine or Roſpice all hot, or elſe the iuice of Plantine, for it will bind him.

A Caudle for the bloody Flixe.

Take a pint of Red Wine, and the yolkes of fiue new layed Egges, a good quantity of Sinamon, and a little Sugar, the pill of a Pomegranat dryed and beaten to fine powder a good quantity, and boile all theſe in a faire platter vpon a Chafing-diſh of coles, till it bee ſome what thicke, then let the Patient eate of it morning and euening, and as oft elſe in the day as his ſtomache will ſerue him thereto, and it ſhall ſtop him, be the Flixe neuer ſo great.

A ſingular medicine for the bloody Flixe.

Take as much fine cloth as will make a ſuppoſitory, being wrapped round together bottomwiſe, then wet the ſame in the beſt Aqua vitæ, or Aqua compoſita, and let the parties grieued conuey the ſame into their Fundament, and it will helpe them God willing within three or foure dreſſings: this is proued, and hath holpen many that haue bene brought very low, and iudged paſt cure.

Another for the ſame.

Take a piece of Allmon, as much as a Walnut, put it in a pint of new Milke, and ſeth it on the fire till the Milke turne to a curd, then take off the curd as you doe the Poſſet Ale, then take the liquor that remaineth, and put vnto it a quantity of the powder of the pill of a Pomegranat, and Sinamon fine beaten, and let them drinke it, and it will ſtop them, and if they eate of the curd, they ſhall be ſtayed the ſooner.

For the bloody Flixe.

Take Almonds, ſkinnes, and all, and ſtampe them ſmall, and take the water of boyled Barly ſodden, and make therof Milke and put therein ſkins and ſcorches of Pomegranats,

being stamped to powder, with a little Sugar, and so eate the same every morning and euening, and put gads of steele that haue bene made red hot in the fire into their drinke.

To stop the bloody Flix.

Take a quart of Beanes dried ouer the fire, so that ye may make powder of them, then bruse them in a morter very small and beate them, and take a quart of good Ale, and a quantity of flower, and so seeth them both together, and let the patient eate thereof at night as hot as may be suffered.

For the bloody Flix.

Take a pint of running water, and a pint of warme Milke as it commeth from the Cow, and put them together, then put fiue or sixe flint stones in the fire, and when they be red hot, quench them in that liquor, then put them in the fire againe, and quench them againe three or foure times therein, till the liquor be halfe consumed, and let the party drinke of it warme.

A Medicine for the falling of the fundament.

Take red Nettles bray them well, and put them in an earthen pot, and put thereunto a good portion of white Wine, and seeth it till the halfe bee wasted, and giue it the sicke to drinke first and last alwaies warme, and lay the hearbs to the Fundament as hot as he can suffer it.

A plaister to heale a gowty Legge, a wound or sore whatsoeuer.

Take a handfull of Mallow-leaues, and another of Groundsell, put them in a Poinet with faire water, and let them boile till they be sodden so tender, that ye may make a plaister of them, then put the liquor from the hearbes, and straine them through a strainer vpon a platter, and set the platter vpon a Chafingdish of coles, then put thereunto a quantity of Deeres Sewet, or Sheepes-Sewet clarified, and vnwrought wax, Mallet Oyle, Turpentine, and Rosin: let all these boile vpon a Chafing-dish of coles, vntill they be thick: then straine all the said stuffe through a linnen cloth into a vessell that you will keepe your salue in, and so let it stand vntill it be cold, then vse the same being spread vpon a cloth, and you shall finde ease by Gods grace, and helpe.

A plaiſter for the Gowt or Ache in the ioynts, wherewith the Lord *Rich* was cured, when all Chirurgians thought him to be vncurable.

Take halfe a pound of vnwrought Ware, halfe a pound of Rozin, an ounce of Olibanum, a quarter of a pound of fine Litarge of gold, three quarters of a pound of white lead, beaten to powder, and ſearce it through a Sercer, and take a pint of oyle of Goates-ſuet, and ſet it on the fire in a ſmall Veſſell with the Ware and Rozin, and when it is molten then put thereto the other powders, and ſtirre it faſt with a ſticke, and then put a little of it vpon a pewter ſawcer, and if it be hard being ſo tried on the pewter ſawcer, then take it from the fire, and anoynt a faire board with ſome of your oyle of Goates-ſuet and as you may handle it for heat, worke it as it were Cozyers ware, and make it in great roles, & make plaiſters of it with a chaſing diſh of coles, and ſpread it thin vpon a linnen cloth or leather, and lay the plaiſter warme where the paine is, and ſo renew it morning and euening vntill you be whole, or till the Ache bee driuen into ſome other ioynt, and then take the plaiſter, and lay where the Ache is, and beware of the cold, and hot Wines.

A Medicine for the Gowt.

Take foure handfuls of Wall-woꝛt, and one handfull of Hoꝛehound, and bray them in a Moꝛter, and put their iuice to one pint of Swines-greaſe, and boyle them on the fire the ſpace of halfe an houre, then ſtraine it faire: for it is good for all cold Gowts in the armes, legges, or feete, and for all griefes in the bones that come of cold.

A drinke for the Gowt feſtered.

Take a quantity of Archangell, Betony, Wervin of each like much, and boile them in Wine, and let the ſicke perſon drinke thereof firſt and laſt, and it helpeth.

A plaiſter for the ſame.

Take a ſawcer full of the iuice of Smallage, another of Moꝛme-wood, Hony, ſalt, and vineger, and mingle them well together, and doe thereto a quantity of Rie-flower, ſtir them faſt

fast together, and boile them, and make a plaister on a cloth, and lay it to the foze, drinke a foresaid, and the plaister, and it will helpe by Gods grace.

Good for the heart.

Saffron, Burrage, Muske, Cloues, Galingall, Nutmegs, the red Rose, Violets, Sugar, Pæons best of all.

Ill for the heart.

Beanes, Pease, Leekes, Garlike, Onions, sadnesse, anger, dread, too much trauell, to drinke cold water after trauell, and euill things.

A Medicine for the passion at the heart, called Tremor cordis.

Take the powder of Burrage flower, the powder of Nutmegs, white Amber likewise in powder, the bone in a Stags heart, the powder of Sinamon, all these powders drinke lukewarme with Beare, Ale, or Wine, euening and morning, and the party grieued shall find ease. These things must be proportioned by good aduice.

A Medicine for a continuall head-ache.

Take Betony water, and take a cloth three or foure double and but three fingers broad, wet it well in the Betony-water, and lay it to your forehead cold. Let the cloth being wet come round about the head, and tie it fast, and three or foure times thus doing, it will helpe thee, and when the cloth is dried, wet it againe.

A Medicine to clense or purge the head.

Take Pellitory of Spaine, and chew the roote in your mouth three dayes at times, and it shall doe away the Ache, and fasten the teeth in the gummes.

A Medicine for the paine in the head.

Take a Rose-cake, cut it in length and breadth of the forehead, then take Rose-water and vineger of like quantity, as hot as you may suffer it, and lay it to the forehead.

A medicine for the wind in the head.

Take a handfull of flowers of Camomile, and halfe a handfull of powder of Cummin, and mingle them together: and make two bagges of the breadth of your eares, and

and lay them there vnto.

For the head-Ache.

Take the iuice of Rew, and put it into the noſe-thrils, for it getteth out the fleagme, and cleanſeth the braine, the hearbe ſodden in Wine doth the ſame.

For the Megrime or head-Ache.

Take foure or fiue Nutmegs, and pare and ſlice them as you would pare and ſlice Ginger thin, then make two little bagges of linnen cloth, of the length of your finger, and put in the Nutmegs, then take a quantity of pure red Roſe-water, and lay your bagges in the ſame water in a diſh vpon a Chafingdiſh of coles, and make them hot, and lay them to the temples of your head.

A Medicine for the Megrime truely proued.

Take halfe an ounce of Pepper, two Nutmegs, halfe a quarter of an ounce of graines, one pint of Wineger, and a handfull of Roſe-mary, and boile all together betwixt two platters vpon a Chafingdiſh of coles, and then take a cloth, and put it ouer your head, and hold your head cloſe ouer it till it be boiled well-neere all away, and by Gods grace it helpeth.

For the Megrime.

Take fiue-leaued graſſe, and Wozell that is called S. Mary hearbe, euen portions of theſe two, and Betony as much as of both the other, and beate all theſe in a Mozter, and take the iuice of them, and put to the ſame iuice as much May-butter as the quantity of the iuice, and thereof make an ointment, and anoint therewith the patients browes when hee goeth to bed.

Another for the ſame.

Take Bole Armonich, Sanguis Draconis, and Terra ſigillat, of each like quantity, and beat them in powder, then to make a plaiſter, take flax and lay it vpon a ruſſet paper, as broad as you will haue your plaiſter, and take the cleare of an Egge, and lay it vpon the flax, and then take the foreſaid powder, and caſt it on that ſide of the plaiſter that ſhall lye next your head: and put one folde of ruſſet paper, or elſe of linnen betweene your head and the Medicine, or elſe it will

cleaue

cleaue very ſore to the haire of your head, and this Medicine is well proued.

A good Medicine for the Megrime in the head.

Take leather vnallomed, ſo broad as your fore-head, and in length from Temple to temple, raſe the ſame leather, but not through, thereupon lay the ople of the white of an Egge, then take of the Apothecaries Sanguis Draconis beaten into powder, and ſcatter the ſame vppon the ople thinly, and this done, lay it vpon the fore-head, not taking it away till it be ready to fall away of it ſelfe.

A Medicine for the blacke Iaundis.

Take Wheate-ſtraw and lay it abroad vpon a faire floore, in a cloſe houſe, and put in Geeſe, and watch when they dung, and take it vp whole, and with a knife ſcrape off the white that is about the dung, till you haue a quantity thereof, then drie it in an Ouen, and make powder thereof, and drinke it morning and euening in Ale, warmed, and that will cure both the blacke and yellow Iaundis.

Another Medicine for the Blacke Iaundis.

Take the hearbe Ambros, Betony, Mugwort, of each of them a handfull, of Centory halfe a handfull, and three or foure Dock-rootes, cleane waſhed and ſcraped, and ſtampe all theſe together in a morter till they be indifferent ſmall beaten, then take Spicknell, Turmericke, and Galingarie, of each of them like quantity, and ſtampe them likewiſe in a morter, then put the hearbs in a cleane linnen cloth by themſelues, and the ſpices by themſelues, and tie them faſt with ſtrings, and hang them in a gallon or two of Ale when it is new and ready to bee tunned, after three or foure dayes drinke euery morning next your heart a good draught thereof, and drinke nor eate nothing two or three houres after, and do ſo likewiſe when you goe to bed, and no doubt by Gods grace it will helpe you.

For the blacke Iaundis M. *Anthony Cox* priſoner.

Take the gall of a Rauen, and drie it, and grate it into powder: take a quantity in a ſpoone, and temper the ſame with Beere or Ale together, and drinke it faſting in the morning.

A Medi-

A Medicine for the yellow Iaundis.

Take a handfull of red Nettle crops, and ſeeth them in a pint of Ale, and drinke the ſame being ſtrained, three or foure daies together.

Another for the ſame.

Take hard Spaniſh Sope, a little ſtale Ale, in a cup, and rub the Sope againſt the cup bottome, till the Ale bee white, and ſtrain it in Ivory, and let the patient drinke thereof firſt and laſt till it be whole.

For the ſame.

Take Salendine leaues, and put them into your hoſen next your feete.

A Medicine for the yellow Iaundis.

Take a bigge Apple, and cut the top, ſo as it may couer the Apple againe, and take the core, and put into it ſome ſweet Butter, and a good deale of Turmericke, and a good quantity of Engliſh Saffron, and rolle it very tender, and let the ſicke perſon eate of it three or foure mornings together, or more if need be.

For the ſame.

Take a quart of white Wine, a great handfull of Salendine leaues, and boile them to a pinte, but in Winter take the rootes, and drinke thereof morning and euening warme.

For the yellow.

Take Bay-ſalt, Otes, and Cummin, and dry all theſe, and make two bags thereof, and as hot as may be ſuffered, lay the one after the other to the plow or crowne of the head, and ſo vſe it a good while.

For the ſame.

Take ſharpe leauen and Bay-ſalt, vpon it cold, and put it to the yellow and it will helpe.

A very good Medicine for an itch.

Take Dock-roots, and beate them, bruiſe them and frie them with Freſh-Butter, and anoint the patient with the ſalue, and in fiue or ſixe times dreſſing, it will helpe you.

To make one ſeeme young, long, to purge the winde and cleare the ſight.

Make powder of Fennell, Annis, and Elicompane, and temper them with Aqua vitæ, and dry them againe, and eate a quantity thereof morning and euening.

To make a Whay Laxatiue.

Take a pint and a halfe of clarified Whay, halfe an ounce of Sæny, a groats worth of Annis-ſeeds, halfe a handfull, of Hops Burrage, Buglas, of each halfe a handfull, and a little Fumitory, and ſeeth all theſe in clarified Whay, vntill it be halfe conſumed, and drinke it two mornings.

A good plaiſter for the feſtered legges that haue beene long ſore.

Take March, and wild Mantle, Plantine, and the great Mozell, Honey, and the white of an Egge, and milke of a Cow that is of one colour, and barley flower, and thicken all theſe together, and bray the hearbes in a morter, and after that mingle the reſt with the hearbes.

For the ſtopping in the Liuer.

Take the broth of a Chicken, of Mercury and Succory halfe a handfull, and a few great Raiſins, and picke out the ſtones, and let all theſe boile together: then take a few bitter Almonds and blanch them, and beate them, and with the ſame liquor make Almond milke, & ſo vſe to drinke it euery morning firſt.

Another for the ſame.

Take Madder-roots, boyle them in halfe a pint of Ale, and let it ſeeth to a draught, and let him drinke it in the morning faſting: twice in a weeke.

For the ſame.

Take Turpentine of Venice, to the quantity of a Beane, and put it in a ſpoone, and hold it ouer the fire till it do melt, then put thereto a little white Sugar, and let him eate it euery day faſting.

For heat in the liuer, and dryneſſe in the hands.

Take a quantity of Strawbery water ſtilled, ſeeth therein a quantity of Liuerwoort, and drinke it with as much Sirrope of Mints.

For the heate in the Liuer.

Take Saunders, and good ſtrong vineger, and beate them hote,

hote, then take the ſcarlet in graine, and dip in the ſame, and ſo lay it to the ſpone of your breſt, one the right ſide.

For the Pluriſie.

Take Brwkelime, Sharp ſewet, and a little faire water, and fry them together in a frying pan, and make thereof a plaiſter, and lay it to the Patients ſide, and it will draw out the corruption.

For the Plurifie, or Stich.

Take Aqua vitæ, and Capons-greaſe, boyle them together, and dip therein blacke woll, and lay it hot to the ſtomacke, and it will eaſe the ſtich.

For the Lungs.

Take the Lungs of a Fore, and dry it to powder, and put a quarter of a ſponeful into a little Almond milke, or broth, and eate it, and it is very good to preſerue the Lungs.

For the pricking of a thorne, or needle in a ioynt, if the hole be ſtopped againe.

Take fine boulted flower of Wheat, and temper it with white wine, and boyle it together vntill it be thicke, and lay it on the ſore as hote as you may ſuffer it, and that ſhall open the hole, and draw out the venome or filth, and eaſe the aking, and heale and cloſe it vp againe: and for lacke of white wine ye may take Ale or Beere: and this medicine is good to heale a Byle Whitlow or Vncome.

An eaſie Purgation.

Take a pint of white Wine, and one ounce of Sènny, and a good handfull of Raiſins of the Sunne, the ſtones being taken out, and halfe a ſponefull of Annis-ſeedes: put all theſe into the ſaid White Wine a whole night, and the next morning boyle it to a draught, and ſo let the perſon drink it luke-warme: and if you will, you may put thereunto Rhze or foure rotes of Polipodie of the Oke.

An eaſie Purgation.

Take two pounds of Figges, and put them in a gallon of fine wooſt of Barly Malt, put thereunto two ounces of the powder of Licorice an ounce of Sugar, when the Figges are boyled, bray them ſmall in a Morter, and draw them through a

ſtraine, and let it boyle againe, and caſt thereto a pint of the beſt Oyle Olive, when it is well cooled: an ounce of Raiſins or Currants, and eate this with light bread.

A plaiſter to be layd to the ſame ſide that the melt is in.

Take a good quantity of new wheat-branne, as much Anis-ſeeds, and beat them ſmall in a morter, then in a pan mingle them with Vineger vpon the fire, till it be like a plaiſter, then put it in a linnen bag of two handfuls long and one handfull broad, and make it thin and warme, lay it to the ſide where the melt is, and role it faſt, and in the morning take it away, and then waſh the ſide with his owne water, and drinke againe, vſe this order foure nights.

For the Morphew.

Take and drinke Elder-water nine dayes three ſpoonefuls, and every day ſeeke that ye ſweate, then take three or foure Oke Apples, and lay them in white vineger foure and twenty houres, and then waſh the body with vineger, and it helpeth.

Another for the Morphew.

Take the iuice of Celandine, and mingle it with the powder of Brimſtone, and lay it where the Morphew is, all cold.

For the Morphew white, or blacke.

Take Betony Harts-tongue, Sage, Plantine, red Fennell, water-Creſſes, of every of them one handfull, of hearbe Benet halfe a handfull of the leaues, of Mervine an ounce: and diſtill theſe, and drinke every day faſting foure ſpoonefuls thereof, and walke an houre after vpon it.

To cleanſe the mouth, and to faſten the teeth.

Take Sage and Woodbine-leaues, of each a handfull, a good ſpoonefull of Hony, a peece of Allom as big as a good Walnut, boyle all theſe together in a quart of running water to a pinte, and waſh the mouth with this water luke-warme three or foure times in the day.

To deſtroy a Ring-worme.

Take a red Docke-roote, and let the roote be pared, and when it is pared, lay it in Vineger, till it be well ſteeped, and then rub it well vpon the Ring-worme: and if it be very ranke, take the

powder

powder of Brimſtone, and lay it in the vineger: and temper them well together, and then rubbe well the Ring-worme withall, and it ſhall deſtroy it.

A Medicine to kill a Tetter, Ring-worme, or any kinde of Itch.

Take ſallet Oyle and Salt tempered together, and being luke-warme, anoynt the ſore therewith.

A reſtority which diuers Noble-men haue vſed, and hath preſerued their life.

They take a pound of Cap Dates, cleane picked, and the ſtones taken out & cauſed them to be ſodden in a pint of Muſcadine, till the wine were ſomewhat conſumed, and kept it in a glaſſe, and thereof did put in their pottage three or foure ſpoonefuls at once when they did eate any broth euery meale.

To heale the veſſell wherein Nature lyeth, if it be broken.

Take the huſkes of Iadzis, or Acornes dryed, and beaten to powder, take a ſpoonefull and drinke it in the morning with a little warme Ale, and lye in your bed an houre or two after.

For the Palſie.

Take a handfull of Sage, a handfull of Sothern-wood, a handfull of Spike, a handfull of Lauender, a gallon of running water, and boyle all theſe together, till it come to a pint and a halfe, then ſtraine it and put it out into a ſtone Cruſe, and take euery time thereof foure or fiue ſpoonefuls in a ſawcer luke-warme, and gargle it in your mouth to and fro, and after ſpit it out; and in like manner put foure or fiue ſpoonefuls in a ſawcer lukewarme, and ſo chafe that part of the body which is pained with the Palſie, with a ſponge dipped in the ſaid water.

Another for the ſame.

Take powder of Pepper, and powder of Pellitory of Spain and powder of Iuie of each an ounce, and powder of Sage, two ounces and vſe this powder in thy pottage.

For a numneſſe in the ſide comming by Palſie.

Make a bath of Sage & Hiſſope, & boile a great quantity of them together in running water, and bath the ſide which is ſore with it, and bind the hearbs to it ſo hote as you can ſuffer it.

A Medicine very good for thoſe that bee taken with the Palſie, though not the ſhaking Palſie.

Take the blood of a For warme, as it commeth from the Fore, the blood about the heart is beſt, but all the reſt is good: and with this blood all to chafe the place that is taken, and then take the ſkinne of that Fore and put the raw ſide neere where the Paſie is: and it muſt lie to it at the leaſt twelue houres: and in the meane time till you can get the For, chafe the numbed place with Oyle of Oliue, or Aqua compoſita: this medicine of the For is ſpeciall good for the Palſie, and hath beene well proued.

For the Palſie that taketh away the ſpeech.

Take Sage-leaues, & Primroſe-leaues; and if it be Winter vſe Primroſe-roots, then beat ỳ Sage and the Primroſe-leaues together, of each like much ſtraine it with Ale, then giue the Patient to drinke a good quantity. This is well proued.

For the ſame.

Take Sage and dip it betweene two warme tyles, and lay it to the nape of your necke, and binde it to the wriſts of both the armes: then take a Nutmeg and ſlice it thinne, and lay one ſlice aboue the tongue, and another vnder the tongue, and ſo vſe it as often as you thinke good, and by the grace of God it ſhall do much good: the necke, and the wriſt muſt be anointed with Oyle of Spike, or the water of Spike.

A Medicine for the Palſie,

Take Lauender, Spike, and Sage, and diſtill them, and drinke thereof a good quantity euery morning, being warme, either in Ale or otherwiſe: take alſo Sage and Betony, and put them betweene two diſhes vpon a Chafingdiſh of coales, and ſprinkle them with good Malmſie, and ſo apply them warme to the nape of your necke, and the wriſts of your hands.

A Medicine for the Palſie.

Take the beards of the heads of vnſet Lekes, and waſh them cleane: take a quantity of running water, and ſeeth them therein till they be ſomewhat tender, then dry them wet in a linnen cloth, ſtampe them as ſmall as you can, then take a good

good peece of freſh butter, boyle them therein, vpon a Chaſing-diſh of coles, and put in a good quantity of Engliſh Saffron, and boyle them together, and when it is well boyled, ſtraine it through a faire cloth into a glaſſe, and keepe it, and when you will occupie it, make a plaiſter thereof vpon a linnen cloth, and lay it cold to the griefe.

To ſtench the bleeding of the Piles.

Drinke the iuice of Milfoile, for that is proued: alſo doe thereunto the powder of burnt Garlicke, & the Piles ſhall die.

To deſtroy the Piles.

Take Oyle of Roſes, and Frankincenſe and Hony, and make an ointment of them, & put it in with thy finger, into thy fundament: and put thereunto Myrrhe, and often anoynt the fundament therewith, and let the breath thereof go vp into thy Fundament.

A true medicine for the Piles.

Take blacke wooll, and blacke ſope, and binde it thereto.

To make a ſalue to bring wounds that rankle and ake into their owne kind and eaſe the burning and aking.

Take the iuice of Smallag and Plantine, like much, take Hony and the white of an Egge, like much, and put to them boulted flower of wheate, and ſtir them well together vntill they be thicke, and let it come neere no fire, but all cold, and raw: lay it to the ſore, and it ſhall cleanſe the wound, and eaſe the aking, and bring it to his kind, and heale the wound faire: This is a principall ſalue.

For a wound that is ouer-healed and ſore vnderneath.

Take barly meale, the white of an Egge, and Hony, and mingle them together, and make a plaiſter thereof, and apply it to the ſore, and it helpeth.

A plaiſter for a greene wound.

Take flower and milke, and ſeeth them altogether till it bee thicke, then take the white of an Egge, and beate them together, and lay it to the wound, and it will keepe it from rankling.

To

To make Mollonitret to cure any greene wound or Vncome, or others, whatſoeuer they be.

Firſt, take two pound of Rozin halfe a pound of ware, halfe a pound of Frankinſenſe, a quarter of a pound of Sheepes ſewet clarified, put them into a faire pan, then take a pottle of the iuice of Millonet, boyle theſe aforeſaid ſtuffes with a ſoft fire, till they be moulten, and ſtir them a pretty while, then put therennto the iuice of your Millonet, and ſtir them till they be cold, and let them ſtand a day or two, then melt it againe with a ſoft fire: and when it is moulten, put therennto a pint of red Wine, and ſtirre it till it be cold, that you may worke it with your hand, and make it in roles.

A water to cure all manner of wounds and ſores, be they neuer ſo ſore and ſtinking, and all manner of cankers in the noſe, mouth, throte, or whereſoeuer.

Take a hand full of red Sage, a handfull of Salendine, and as much of Woodbine-flowers with the leaues: take a gallon of running Water, and put the hearbes in it and let them boile to a pottle, then ſtraine them through a ſtrainer, and take the liquor and ſet it ouer the fire againe: then put thereto a pinte of Engliſh-Hony, a good handfull of Roch allom finely beaten, a penny-worth of graines groſely bruiſed, and let them boile all together three or foure walmes, and then let the ſcum be taken off with a feather, and when it is cold put it in an earthen pot or bottle, ſo as it may be kept cloſe: and for a green wound take of the thinneſt of the ſame water, and for an old ſore, of the thickeſt, the water being firſt well ſhaken together, and after that you haue cleanſed the old ſore with white Wine, take a quantity of fine lint, and the ſame being well wet in the ſaid Water, do you therewith oftentimes bathe your ſaid wound, and with the ſaid lint in the end couer the wound: and if there be any holes in the ſaid wound, fill them with Lint made tent wiſe, and ſo after couer the whole wound with a peece of a bladder, the more better to continue your lint in moyſture: dreſſe your wound twice a day in the morning and in the euening, and it healeth.

A Medicine or drinke for him that is burſt in the belly or cods.

Take a knuckle of Veale, a pottle of white Wine, halfe an ounce of Mace, halfe ſo many Dates, halfe a pound of Raiſins of the Sunne, a handfull of Cumfrey, a handfull of Polipodium, alias Ferne of an Oke, a handfull of Sparoking alias Knotwort, take all theſe, and put them in an earthen pot, and ſet on a Kettle of water of fiue gallons, and ſet the earthen pot in the water, and ſtop it with paſte very cloſe, and let the Kettle bee kept ſæthing fiue or ſixe houres with the earthen pot therein, and kæpe the Kettle ſtill full with other ſæthing water: then take all theſe and beat them in a Morter, and ſtraine it, and giue the patient of the liquor thereof both firſt and laſt.

For the Tooth-ach.

Take a pinte of white wine, halfe a handfull of Lauender-cotten, and ſæth them together till the wine be halfe ſpent, then put into it halfe a ſpoonefull of Bay-ſalt, then let it ſæth a little, then take a ſpoonefull of the liquor, and put it in that ſide which the paine is in, and kæpe it in thy mouth, and then put another ſpoonefull in, ſo one after another, and it will help thee.

A good drinke to put out the ſmall Pox or Pimples.

Make a Poſſet of Ale with Milke, and the curd being taken off, take red Fennell the quantity of a ſpoonefull, and the ſame being ſod together with the Ale, ſtraine it, and put thereto the quantity of a Nutmeg, of fine Treacle, a quantity of Setwall, and a quantity of Engliſh Saffron, being well mingled together, and giue it the patient to drinke warme.

A preſent remedy for an Ague,

Take two ounces of Bay-ſalt, as much of white Frankincenſe, and a handfull of Smallage, beaten all together, and lay it to the wriſts of your hands, & to the boughts of your armes two houres before the fit doe come: prooued.

For the ſame.

Take two or three Cloues of Garlicke, and bruiſe them, and a pennyworth of Aqua vitæ, halfe a pint of Ale, and ſæth them together, and drinke it a little before the courſe or fit

doe come, as hot as you may.

For the Collicke.

Take Grommell-ſeed, Parſly-ſeeds, and Annis-ſeeds of each two ſpoonefuls, greene-Fennell one handfull, one Parſly-roote, one Radiſh roote, of each as long as a finger, vnſet-Time one handfull, one handfull of Philopendula, and a handfull of Cherry-ſtones, waſh all theſe and bruiſe them and ſtampe them very ſmall, boile all theſe in two quarts of white Wine, in an earthen pot cloſe, till a pint be conſumed, then let it run through a linnen cloth of it ſelfe, without ſtraining, and drinke it morning and euening.

For the windie Collicke.

Take a quart of Ale clarified, two ſpoonefuls of the flower of Licorice, one ſpoonefull of the flower of Annis-ſeeds, halfe a ſpoonefull of bruiſed Fennel-ſeeds a little Time and ſeeth them together till a pint of Ale bee conſumed, and ſo drinke it firſt and laſt.

For the Collicke and ſtone.

Take a handfull of Auens, a handfull of Pellitory of the wall, as much of Cammomell as will lie in the palme of your hand, and a ſpoonefull of Parſly-ſeede bruiſed a little, make a Poſſet of Renish wine, take the curd, and boile all theſe together in the drinke till the ſubſtance bee boiled out, then vſe it morning and euening.

For a paine in the ſide that commeth of winde.

Take a handfull of Cummin-ſeed, another of Annis-ſeed, and two of Rew, and ſeeth all theſe together in running water from a pottle to a quart, put to it halfe a pint of white Vineger before it be cold, dip a ſponge in it, and wring out the liquor ſomewhat, and lay it to the Patients ſide as hot as he can ſuffer it, and when it beginneth to ware cold, take a new.

To remoue a diſeaſe from the ſtomacke.

Drinke a quantity of Dragon water, or water imperiall mingled with Treacle or Mithridatum.

For them that doe caſt vp their meate, by reaſon of weakeneſſe of the ſtomacke.

Take the nether crust of Browne-bread, drie it well and leiſurely

leiſurely at the fire, then ſtope it in ſtrong Vineger a little while, take it out and ſpread vpon it the powder of Cloues, warme it againe, and tie it about the mouth of the ſtomacke, and the vomit ſhall ceaſe.

A drinke for cleanſing the ſtomacke, and to be taken luke-warme in the morning.

Take Iſope, Roſemary, and Time, of each two crops, and put them in a pint of Ale, with a good a quantity of Sugar, and let them boile while the ſtrength is in them, then drinke thereof two houres before meat.

A drinke to auoid the fleagme out of the ſtomacke, to make it eaſier to come vp: you may take of it a ſpoonefull or two, continually when you need.

Take eight ſpoonefuls of Roſe-water, foure ſpoonefuls of Conduit water, and two ſpoonefuls of white Vineger, halfe a quarter of white Sugar, boyle all theſe in a Poſſinger vpon a Chafingdiſh of coales, and ſcum it cleane, and then drinke it luke-warme.

A remedy againſt the Plague, ſent to the Lord Mayor of London, from King Henry the eight.

Take a handfull of Sage, a handfull of Yearb-grace, a handfull of Elder-leaues, a handfull of red Bramble leaues, ſtampe them all and ſtraine them through a fine cloth with a quart of white wine, & then take a quantity of Ginger and mingle them together, and ſo take a ſpoonefull of the ſame, and you ſhall be ſafe for foure and twenty dayes, and ſo being nine times taken ſhall be ſufficient for all the whole yeare by the grace of God. and if it be ſo that the party be ſtricken with the plague before he hath drunke of this Medicine, then take the water of Scabious a ſpoonefull, and water of Betony a ſpoonefull, and a quantity of fine Treacle, and put them all together, and cauſe him to drinke it, and it ſhall put out the venome. If it fortune the Botch to appeare, then take the leaues of Brambles, Elder-leaues, Puſkard-ſeede, and ſtampe them all together, and make a plaiſter thereof, and lay it to the ſore. and it ſhall draw out the venome, and the party ſhall be whole by the grace of God.

To cauſe one for to ſleepe.

Take a ſpoonefull of pure Roſe-water, as much of Vineger, two ſpoonefuls of the Oyle of Roſes, halfe a handfull of Roſe-leaues made in powder, mingle them altogether, and take crummes of leauened bread made of wheat, and make a plaiſter thereof, and lay it ouer the forehead and temples.

For a ſore throate

Take Collumbines, and Sinckfoile, and ſtampe them both together, and ſtraine them with Milke, and drinke it very warme.

For the Hickop.

Take Oyle of Lillies, and anoint the ſicke mans body ſundry times.

For a Canker in the Mouth.

Take a Flower-deluce-rote, and waſh it, and ſlice it, and a few leaues of Penny-royall, lay them in ſteepe in Conduit water, and ſo waſh your mouth with the water.

For a Laske.

Take an Egge, and Aqua compoſita, and boile it with the Egge till it be drie, then take Sinamon and Sugar, and eate with the Egge.

A Medicine very precious called *Flos vnguentum*, good for all manner of maladies, that is to wit, againſt all ſores, and wounds, againſt all manner of impoſtumes in the head or body, againſt head-ach, ſinging in the braine, or boiling in the heart, ſhrinking of ſinewes, it draweth out any thorne or broken bone, and all manner of Ache out of the Liuer, Spleene, or Lungs, it helpeth the Emerodes, and it is very good to make a Seare-cloth for all Gouts, Aches, and peſtilent Boiches, and therefore this treatiſe is worthily called *Flos vnguentum*.

Take Rozin and Per, of each halfe a pound, of Virgin-ware, and Frankincenſe, of each a quarter of a pound, of Maſticke an ounce, of Harts ſewet a quarter of a pound, Campher, two drammes, melt that is to be melted, and pare that is to be pared, and ſearce it, boyle it ouer the fire, ſtraine them

through

through a cloth into a pottle of white wine, with all the other Medicines together, then let it coole; till it be no hotter then blood-warme, then put therevnto a quantity of Turpentine, euer ſtiring it vntill it be cold, but euer beware that your ſtuffe be no hotter then blood-warme when you put in your Turpentine, or elſe it marreth all the ſtuffe: and make it vp in rolles, and keepe it to youre vſe, and when you will, occupy it plaiſterwiſe to your griefe.

To make the blacke ſalue, that cureth all old ſores and Vlcers, be they neuer ſo great, foule and ſtinking.

Take a gallon of ſtale Ale being very ſtrong, two handfuls of Woodbine-leaues, halfe a handfull of red ſeeded Nettles, as much Colewoorts, with the ragged leaues, halfe a pound of red Onions, halfe a pound of Garlicke pilled, a pound of vnſet Leekes, a little diſh-full or handfull of the powder of a rotten Poſt, of an Oke is beſt: let all theſe be ſtamped ſmall in a morter ſeuerally by themſelues, put them into the Ale with halfe a pound of Rocke Allom, then ſet them ouer a ſoft fire and let them boile til the one part or more bee boiled away, then let them ſtand three or foure daies, but firſt ſtreine them through a cleane cloth into a cleane veſſell then put to them halfe a pound of ware, halfe a pound of Rozin, halfe a pound of the Oyle which is greene, a quantity of ſtone Hony, then ſet it ouer a ſoft fire againe, and let them boyle till the one halfe be conſumed, then put it into a cleane earthen pot, and ſtop it very cloſe, and vſe thereof when you haue occaſion.

Preſcriptions and rules made by M. Doctor *Good*, to be obſerued at the Bathe

WHen you come to Bathe, after your iourney, reſt and quiet your body for the ſpace of a day or two, and ſee the faſhion of the Bath, how and after what ſort others which are there doe vſe the ſame.

If it be not a faire cleare day, goe not into the open Bath, but rather vſe the water in a Bathing veſſell in your Chamber as many men doe.

The beſt times in the day to goe into the Bathes, is in the

morning an houre and a halfe after the Sun rising, or thereabout, in the most quietest time, and when you shall feele your stomack well and quiet, and that your meat is well digested, and haue rested well the night before: but before you goe into the Bath, you must walke an houre, or halfe an houre at the least in your chamber, or elsewhere.

You must alwayes goe into the Bath with an empty stomacke, and as long as you are in it, except great necessity require the contrary, and then to take some little supping before your walking, or before you rise is not hurtfull, let your tarrying in the Bath be according as you may well abide it, but tarry not too long in any wise at the first, although you may well abide, that your strength at no time may faile you.

You may tarry in the Crosse Bath an houre and a halfe at a time after the first bathing, and in the Kings Bath you may tarry after the first bathing, at one time halfe an houre or three quarters of an houre, but in any wise tarry no time vntill you be faint, or that your strength faile you.

And if at any time you be faint in the Bath, then you may drinke some Ale warmed with a toste, or any other supping, or greene Ginger, or if great need be, Aqua composita, Methridatum, the bignesse of a Nut-kernell at a time, either by it selfe or mired with Ale or other liquor,

As long as you are in any of the bathes, you must couer your head very well, that you take no cold thereof, for it is very perilous to take any cold on your head in the bath, or in any other place during your bathing time.

When you come forth of any of the Baths, see that you couer your selues very well, and dry off the water from your body with warme cloathes, and then put on a warme sheet and a Mantle, or some other warme gowne: for taking of cold, and so goe straight way to your warmed bed, and sweat diligently, and after that you may sleepe a while, but you must not drinke any thing till dinner time, except you be very faint and then you may take a little Sugar-candy, or a few Raisins, or a little thin broth, but small in quantity to slake your thirst onely, because it is not good to drinke or eate by and

by

by after the Bath, vntill you haue ſlept awhile if you can.

After that you haue ſlept and ſweat enough, and are clearely deliuered from the heat that you had in the Bath, and in your bed, then may you riſe and walke a little, and ſo goe to your dinner, for by meaſurable walking, the euill vapours and windineſſe of the ſtomacke that are taken in the Bath bée driuen away and vtterly auoyded.

After all this, then goe to your dinner, and eate of good meates but not very much, that you may riſe from the table with ſome appetite, ſo that you may eate moze if you would, and yet you muſt not eate too little for decaying of your ſtrength.

Let your bread be of good ſweete meale, and of one dayes baking or two at the moſt, and your meate well boiled or roſted, and eſpecially let theſe be your meates, Mutton, Veale, Chickins, Rabbets, Capon, Pheſant, Partrich, or the like.

You may alſo eate freſh water fiſh, ſo it be not muddy, as Eeles and the like, refraine all ſalt fiſh, as Ling, Haberdine, &c. auoyd all fruit and raw hearbs, Sallet, and the like.

Apparrell your body according to the coldneſſe of the weather and the temperature of the ayre, but in any wiſe take no cold.

And if you bathe againe in the afternoone, or after dinner, then make a very light dinner, as a couple of poached Egges, a Cawdle, or ſome other broth with a Chicken, and then after foure or fiue houres your dinner ſo taken you may bathe againe, and in any wiſe tarry not ſo long in the bath as you did in the forenoone,

You muſt at no time goe into the bathe, except you haue béene at ſtoole, either by nature or other wiſe, and if by no meanes it will be of it ſelfe, then take a ſuppoſitorie once in two dayes at the leaſt wiſe.

For all manner of Wormes.

Take Groundſell, and Plantine with the roots, and ſtampe them and ſtraine them with Malmſie, and warme it, and giue it the patient to drinke three dayes together, it will kill al manner of wormes, and if you haue a Ague, it will alſo rid it by Gods grace.

A medi-

A medicine for the wormes in a child

Take Aqua compoſita that is made of hearbs, and waſh the breſt of the childe, then take the powder of mirrhe, very fine beaten, and ſtrew it vpon the breſt of the childe after that it is waſhed, and lay a warme cloth to it, and let it lye foure and twenty houres.

For the wormes.

If it fortune the Child to auoyd a wormes, as oftentimes they doe, then take that Worme and dry it, ſo that you may make it into powder, and giue it to the child to drinke in Ale or Wort, and it ſhall kill the reſt of the Wormes, or cauſe them to come forth aliue.

For him that hath drunke venome, and his belly beginneth to ſwell or ake,

Take greene Rew, waſh it, ſtamp it and temper it with white wine, and giue it him to drinke.

To cleare the voyce.

Take Organy, Iſope, Harts-tongue, Elicompane, of Liquorice, and of Fennell: and boile them together with cleane water, and ſo drinke it firſt and laſt.

A Medicine for the Tiſicke, and ſtopping in the breſt, and to open the pipes.

Take Parſly-rootes, Fennell-rootes, Succory-roots, and take out the pith of them, and ſeeth them in white Wine till they be ſoft, ſeeth therewith Iuniper berries, if you can get them, then ſtraine it: when it is well ſodden, put Pellitory of Spaine to the Wine and let the ſicke drinke of it morning and euening eight dayes.

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FINIS.